

ABSTRACT OF THE DISCLOSURE

5 A seek control method carries out a seek
to a target position on a recording medium by moving
a light beam spot which is irradiated on the
recording medium. The recording medium has a first
region in which information recording is made as
variations in optical or magneto-optical properties
and a second region in which information recording
is made as variations in geometrical configuration,
10 and the first and second regions are provided in
different areas on a recording surface of the
recording medium. The seek control method includes
the step of carrying out a control so that a seek
operation from a seek start position within the
15 first region to a seek target position within the
second region and a seek operation from a seek start
position within the second region to a seek target
position within the first region differ.

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